



What is FruFit? FRU FIT Affordable Fitness is a health and fitness company and community. Personal training, group fitness, lean muscle development, weight loss, client-team building, nutrition, life coaching and community activism are at the CORE of our mission. FRU FIT is more than a fitness company; we are leaders of a HEALTH AND FITNESS MOVEMENT nationwide.

JOIN THE MOVEMENT...BE INSPIRED and CHANGE YOUR LIFE!!



Training Location: 7828 Parstons Drive District Heights MD 20745

MONDAY – FRIDAY

5AM, 8AM, 9AM, 5:30 PM, 6:30 PM, 7:30 PM

SATURDAY

9AM, 10AM, 11AM, 12PM

SUNDAY – CLOSED

(Subject to Change)

Welcome Packet Checklist

- Fru Fit Client Contract (Return via email)**
- Fru Fit Client Waiver (Return via email)**
- Fru Fit Client Photo (Return via email)**
- Fru Fit Healthy Food List & Cardio Homework (Client to keep document)**